

The Childhood Obesity Epidemic and the State Department of Health Plan

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Body Mass Index (BMI)

(BMI = weight in kg/height² in meters)

CDC definitions for adults

- **Overweight: BMI of 25-29.9**
- **Obese: BMI ≥ 30**
 - 30 lbs overweight for 5'4" woman
- **Should definitions vary for race/ethnic/sex groups?**

Body Mass Index in WA Women

Average woman in the 1999-2001 WA BRFSS was 5'5"

Pounds	BMI
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120	20
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130	22
-----	----

Average normal weight

140	23
-----	----

150	25
-----	----

160	27
-----	----

Average overweight

180	30
-----	----

200	33
-----	----

Average obese

210	35
-----	----

Body Mass Index in WA Men

Average man in the 1999-2001 WA BRFSS was
5'11" Pounds BMI

150 20

160 22

Average normal weight

170 24

180 25

190 27

Average overweight

210 29

220 31

235 33

Average obese

250 35

Body Mass Index (BMI)

(BMI = weight in kg/height² in meters)

CDC definitions for youth

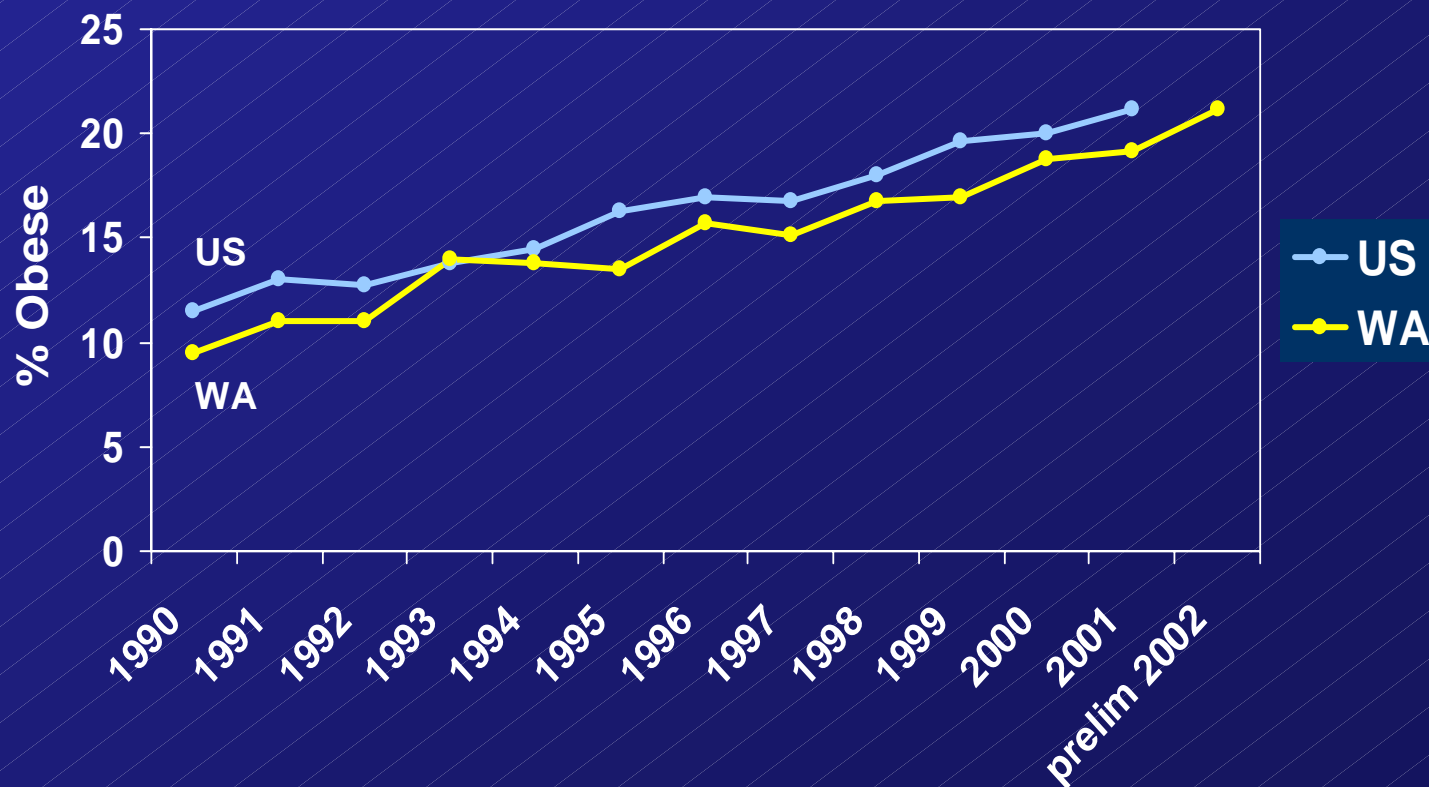
- **Overweight:**

BMI in top 5% for sex and age

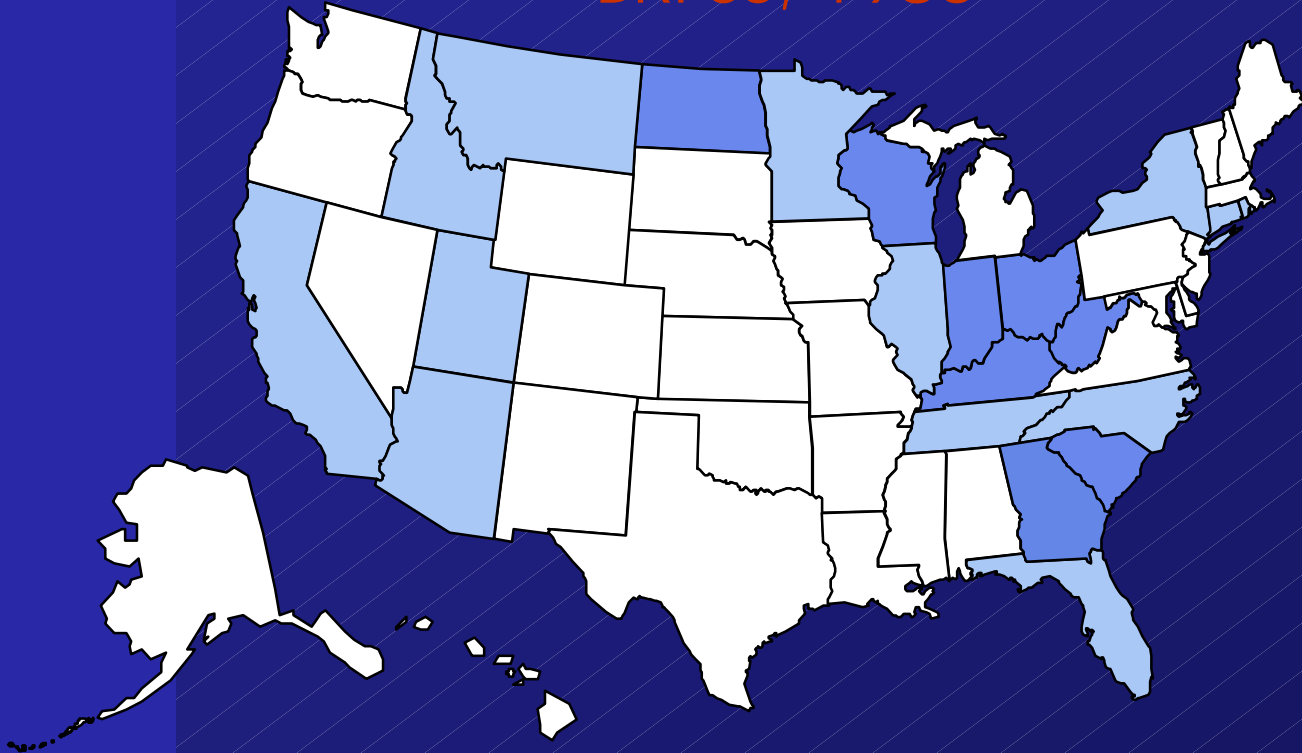
- **Risk for overweight:**

BMI in top 15 - <5% for sex and age

Obesity (WA and US BRFSS)



Obesity Trends* Among U.S. Adults

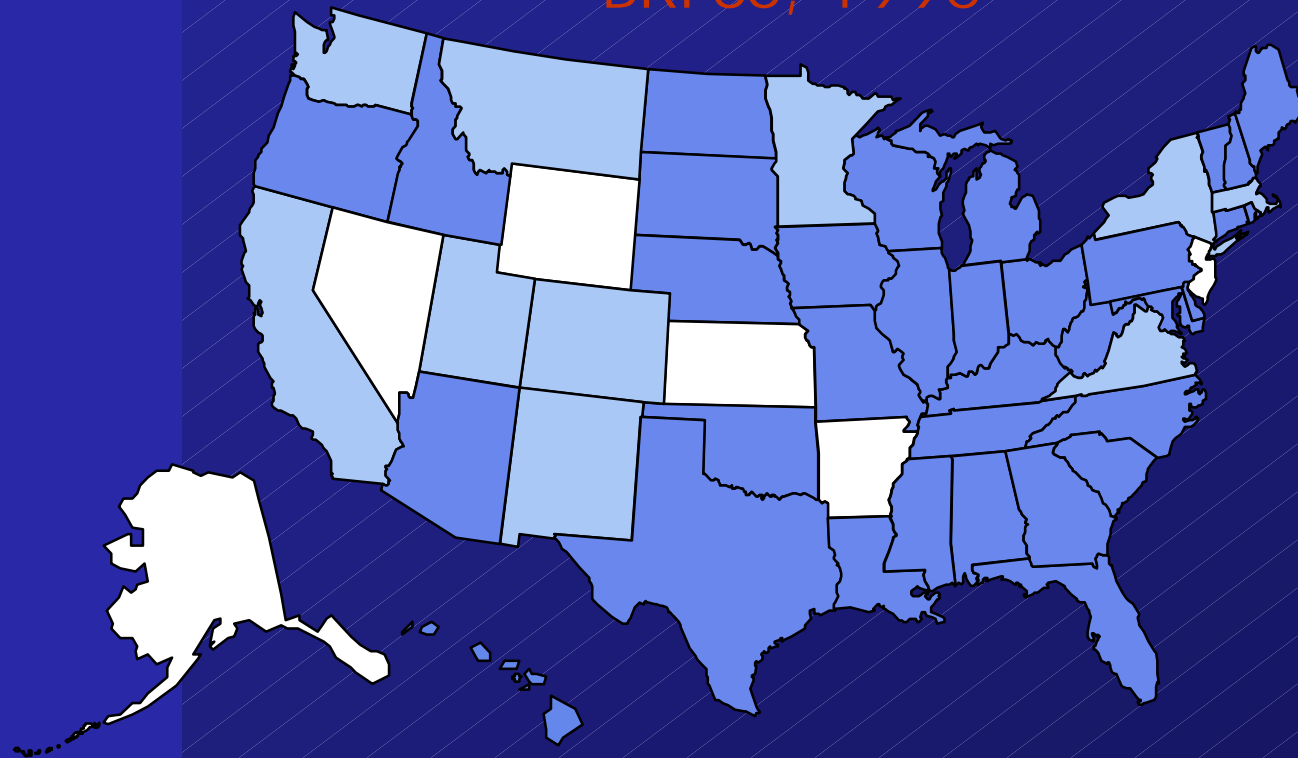


*BMI ≥ 30 ,
or 30 lbs
overweight
for a 5'4"
woman

☐ No Data
 ☐ <10%
 ☒ 10%-14%

Obesity Trends* Among U.S. Adults

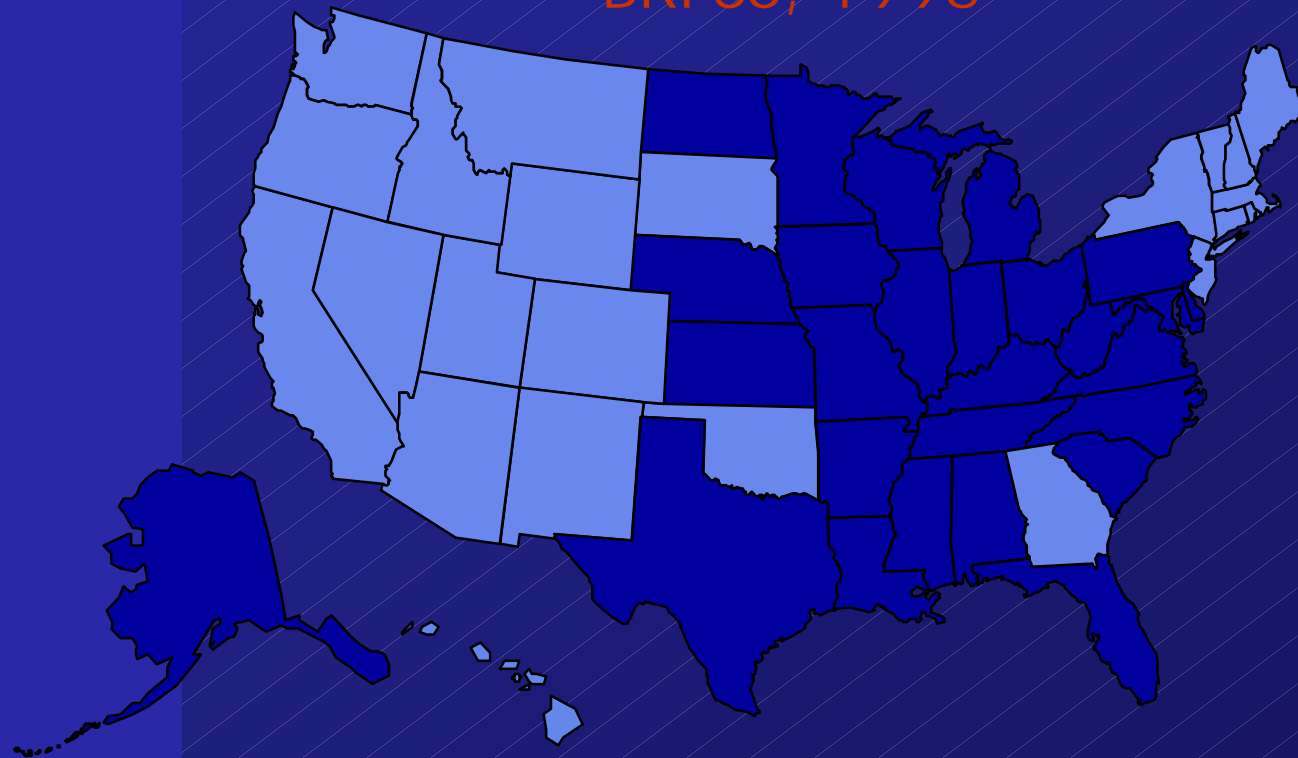
BRFSS, 1990



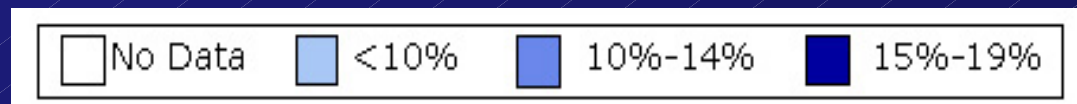
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Obesity Trends* Among U.S. Adults

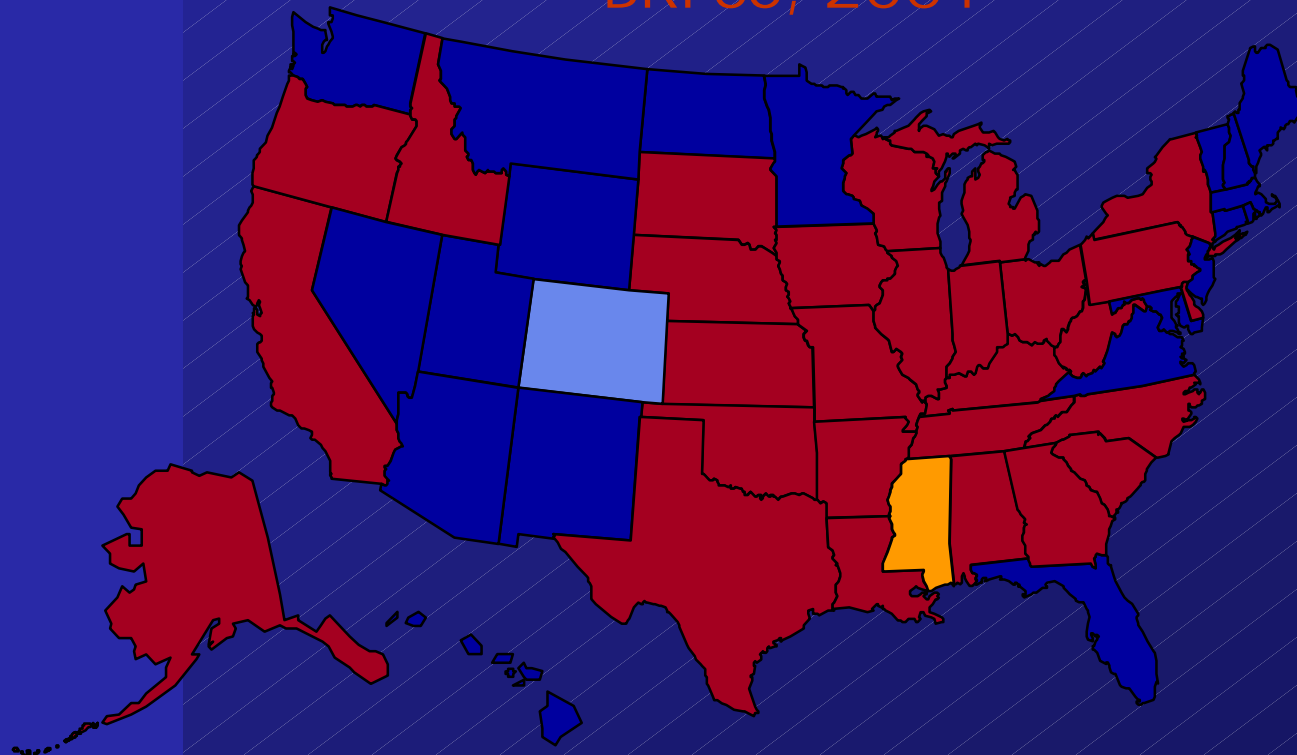


*BMI ≥ 30 ,
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Obesity Trends* Among U.S. Adults

BRFSS, 2001



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DIABETES

It Strikes
16 Million
Americans

Are You
at Risk?

Computer drawing of a human insulin molecule

SOCIETY

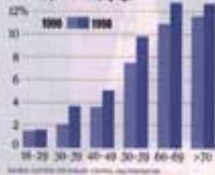
An American Epidemic

Diabetes

The silent killer: Scientific research shows a 'persistent explosion' of cases—especially among those in their prime
BY JERRY ADLER AND CLAUDIA KALB

SOMETHING TERRIBLE WAS HAPPENING TO YOLANDA BENITEZ's eyes. They were being poisoned: the fragile capillaries of the retina attacked from within and were leaking blood. The first symptoms were red lines, appearing vertically across her field of vision; the lines multiplied and merged into a haze that shut out light entirely. "Her blood vessels inside her eye were popping," says her daughter, Jannette Roman, a Chicago college student. Benitez, who was in her late 40s when the problem began four years ago, was a cleaning woman, but she's had to stop working. After five surgeries, she has regained vision in one eye, but the other is completely useless. A few weeks ago, awakening one night in a hotel bedroom, she walked into a door, setting off a paroxysm of pain and nausea that hasn't let up yet. And what caused this catastrophe was nothing as exotic as pesticides or emerging viruses. What was poisoning Benitez was sugar.

Diabetes prevalence, by age



Heredity
Genes help determine whether you'll get diabetes. In many families, multiple generations are struck. But heredity is not destiny—especially if you eat well and exercise.

FAMILY PLAZA: Benitez (left) and Roman. Benitez's mother and two brothers died from complications of the disease.

New

July 3, 2000 • \$3.50

**LIES ABOUT
SOCIAL
SECURITY
BY ALLAN
SLOAN**

Fat for Life?

**Six Million Kids
Are Seriously Overweight.
What Families Can Do.**

By Geoffrey Cowley & Sharon Begley

WHY?

Obesogenic environment

Changes in US Food Patterns

- Fast food consumption
- Reduced frequency of family meals
- Restrained eating, meal skipping
- Consumption of soft drinks - increased from 27 to 44 gal/y from 1972-92
- 30,000 products in supermarkets



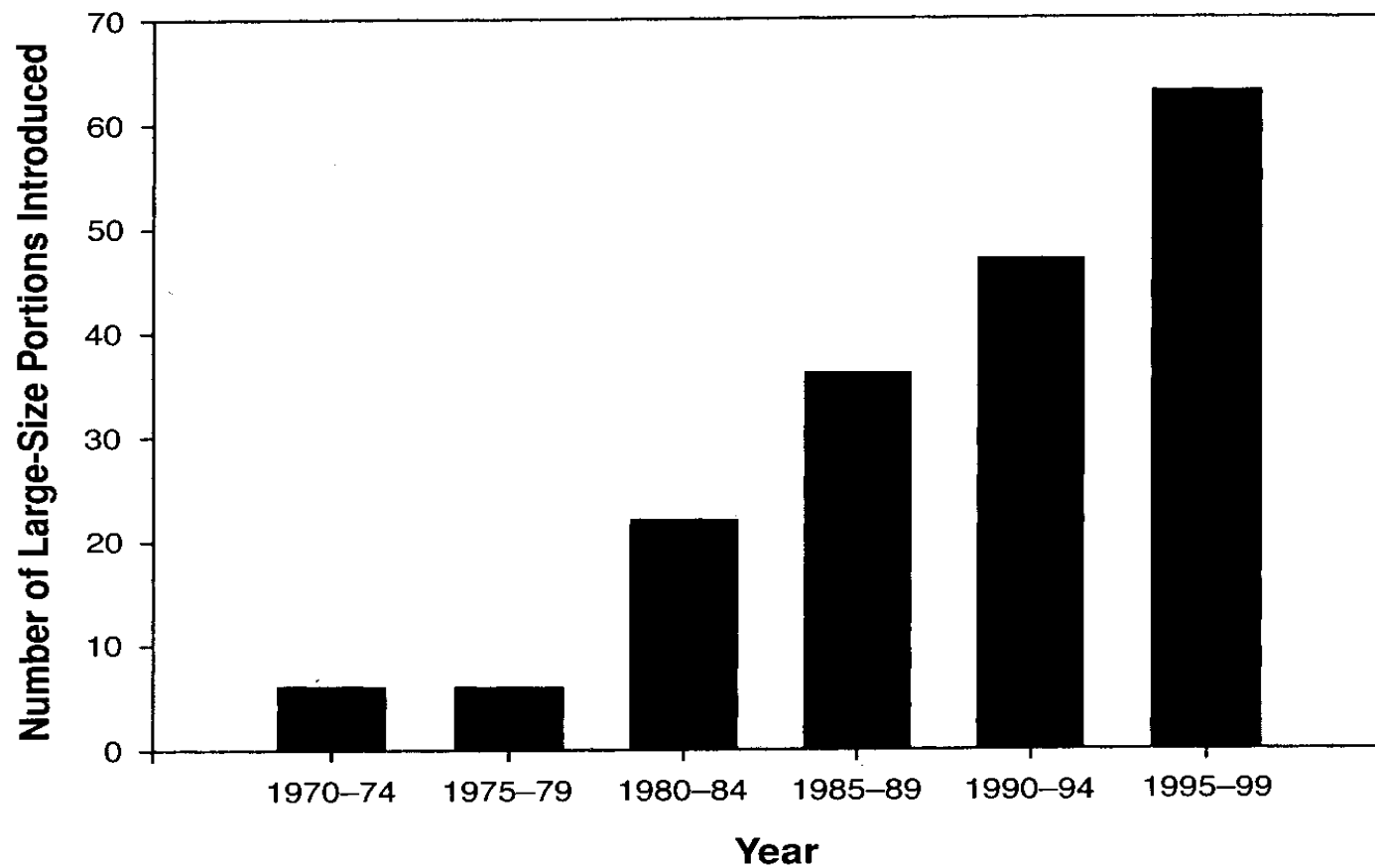


FIGURE 2—Introduction of new, larger portions, 1970–1999.

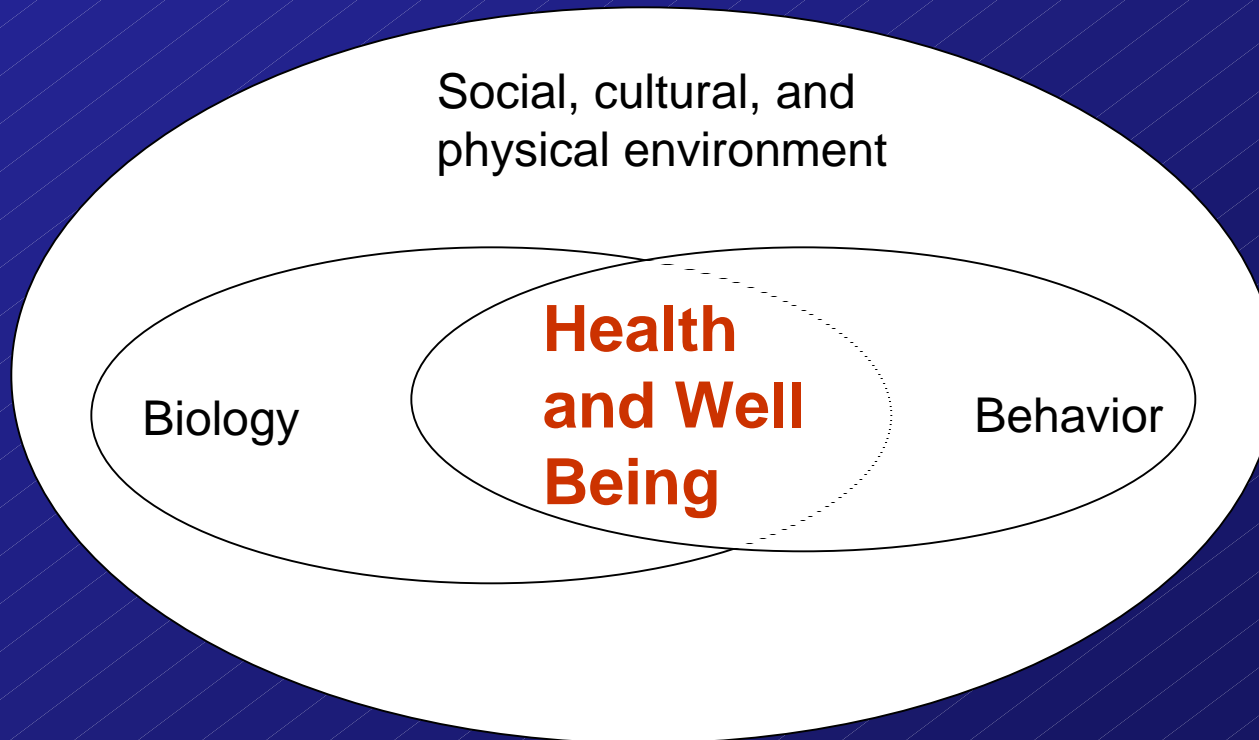
Physical Activity Levels of Americans

- Only 22% meet guidelines for 30 minutes of moderate to vigorous activity most days of the week
- Barriers:
 - time
 - lack of social support
 - access to safe places to exercise

What Can We Do?



“Health and well being are affected by a dynamic interaction between biology, behavior, and the environment, an interaction that unfolds over the life course of individuals, families, and communities.”



Washington State Plan

Planning Group: We are in this together

- Nutrition & physical activity professionals
- Active transportation advocates
- Parks
- Community development
- Hunger advocates
- State agencies: DOT, OSPI, WSDA

Social-Ecological Model



Criteria for Objectives & Recommendations

- Related to obesity
- Population-based
- Evidence based, theoretically sound, or recommended by nationally recognized authorities or experts
- Large impact for resources used
- Measurable

Target Audience: Policy Makers

	Examples
Institutional	School administrators, food service administrators, employers
Community	City planners, local program administrators, volunteer organizations
State	Legislators, state agencies, health associations

Purpose

- Provide a framework in which policy makers at the state, local & institutional levels can work together
 - to support & build environments that make it easier for Washington residents

Purpose

- to choose healthy foods & be physically active in order to:
 - Slow the increase in the proportion of adults who are obese
 - Reduce rates of chronic diseases that are associated with obesity
 - Improve the quality of life



Overarching Goals

Nutrition

Increase the proportion of adults & children who have diets that reflect the Dietary Guidelines for Americans

Physical Activity

Increase the proportion of adults & children who meet the physical activity recommendations

Nutrition



Objective: Increase access to health promoting foods

Recommendations:

- Increase the consumption of vegetables & fruits
- Ensure that worksites provide healthful foods & beverages
- Ensure that schools K-12 provide healthful foods & beverages

Nutrition



Objective: Reduce hunger & food insecurity in Washington State

Recommendations:

- Provide adequate support for nutrition & food programs
- Improve access to nutrition programs

Nutrition



Objective: Increase the proportion of mothers who breastfeed their infants & toddlers

Recommendation:

- Ensure that health care settings, childcare facilities, & worksite environments are breastfeeding friendly

Physical Activity



Objective: Increase the number of people who have access to free or low cost recreational opportunities for physical activity

Recommendations:

- Provide adequate funding for state & local recreation sites & facilities
- Develop model policies to increase access to public facilities for physical activity
- Increase the number of worksites that have policies that enhance activity opportunities

Physical Activity



Objective: Increase the number of physical activity opportunities available to children

Recommendations:

- Adopt school based curricula & policies that provide quality, daily PE for all students
- Encourage policies that provide opportunities for physical activity outside of PE
- Provide opportunities to replace behaviors like TV watching with physical activity

Physical Activity



Objective: Increase the number of Active Community Environments

Recommendations:

- Utilize urban planning approaches – zoning & land use – that promote physical activity
- Incorporate transportation policy & infrastructure that promotes non-motorized transit
- Enhance safety & perceived safety to improve community walkability & bikeability